



Ottawa Rowing Club
CANADA'S OLDEST ROWING CLUB FOUNDED 1867

CLUB HOUSE
10 LADY GREY DRIVE
TELEPHONE
(613) 241-1120
MAILING ADDRESS
P.O. BOX 1457
STATION B
OTTAWA, ONT.
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Travel Fact Sheet

**Head of the Fish
Saratoga Springs, N.Y.
October 31-November 1, 2015**

<http://www.saratogarowing.com/head-of-the-fish/>

The 24th annual Head of the Fish is a 4.0km head race regatta on the Fish River in Saratoga Springs, N.Y. This two-day regatta draws high school, university teams, club competitors and masters primarily from northern United States/New England region. Over the past several years it has been the final regatta of the season for ORC competitive crews. It is a very popular event in a picturesque part of upper New York State just north of Albany.

ALL THOSE TRAVELING TO THE UNITED STATES MUST HAVE VALID PASSPORTS

Directions to the regatta site, Saratoga Springs, N.Y.

COMING FROM THE NORTH:

Take Interstate-87 South from the Canadian border to Exit 14, take a left, follow signs for parking.

Or find directions here: <http://www.saratogarowing.com/head-of-the-fish-maps-and-pics>

Travel: Junior athletes are required to travel to and from the regatta on the bus chartered by the ORC.

Boat Loading: Thursday, October 29, 5pm

Boat Unloading: Monday, November 2, 5pm

Bus Departure: ORC
Saturday, October 31, 2015
8:00am

Bus Return: ORC
Sunday, November 1, 2015
Between 10pm and midnight

Hotel: Junior athletes are required to stay at the following hotel in rooms already reserved by the ORC:

Clarion Inn and Suites
1454 State Road 9
Lake George, New York
12804
Phone: 518-793-3196
Fax: 518-793-6028
info@clarionlakegeorge.com

A room block under the Ottawa Rowing Club has been set aside for athlete parents who wish to attend the regatta and stay at the same location as the ORC. Parents can contact the Clarion Inn and Suites at 518-793-3196 to reserve a room. The standard room rate is \$109.99 plus tax (US). Rooms in this room block are limited.



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Travel to the United States:

All those traveling to the United States must have valid passports.

All Junior athletes must have a Letter of Permission to Travel with a Minor Outside of Canadian Territory form filled out and submitted to the ORC office before October 29. If you did not complete and submit this form at the start of the fall season, please contact melissa@ottawarowingclub.com.

All athletes must come with sufficient US dollars for several meals. We will be eating dinner Saturday night at a restaurant near the hotel, there will be food at the regatta site and the bus will stop on the way home for a meal on Sunday evening while still in the US.

What you should know:

No protection from weather: It is ALMOST ALWAYS cold and wet at this regatta and athletes must come prepared for a long damp day. Dress for being outside in the damp or wet fall/early winter (rain gear, warm clothing, toques, gloves or mitts).

Limited drinking water available at regatta site: Athletes must bring water bottles. ORC tent will have drinking water.

Portable toilets on site: Athletes should bring hand sanitizers.

Limited food service on site: The rowing club operates a barbecue with hamburgers, etc in the boathouse but athletes must come with healthy between race snacks and easily digestible meals (see your coach for ideas!).

Snacks provided by ORC: ORC provides snack foods like watermelon, bagels, jam and water. Snack foods are not to replace meals!

Supervision: Athletes at the regatta site are under the direction of their crew coaches. Coaches are supported by volunteer team support members. Junior athletes are not permitted to leave the area during the regatta. Should an emergency arise, athletes should advise their coaches.

In case of emergency: Emergency services are on-site to handle emergencies in the unlikely event that they occur during the regatta.

Food stop on return trip to ORC: The bus will stop at a highway fast food location on the way back from Saratoga Springs. **Athletes should bring spending money in US Dollars.**

Behaviour: The highest standards of behaviour are expected from ORC athletes as representatives of the club and Ottawa. That includes: respect for coaches, chaperones, athletes and surroundings; respect of curfews and other instructions; remaining on site (regatta or hotel) unless specifically permitted by a coach or chaperone; and sleeping on his/her own bed. Use of drugs or alcohol will not be tolerated. Consequences of improper behaviour may include forfeiting the chance to race, and prematurely returning to Ottawa in the company of his/her parent.

Help? Athletes should speak to a chaperone or coach should any difficulty arise.



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Regatta Fees:

Athlete Fees (including entry, trailering, bus transportation and hotel as applicable): The athlete fee list will be circulated and posted in the boathouse by October 21 (approximate date).

Fees Due: October 28, 2015

Athlete fees must be paid through the RONIN site: http://www.roninregistration.com/?_rtu=6111113430 by the deadline posted. If fees remain unpaid it will affect athlete club standing and boat loading.

For reference, athlete fees in 2014 for Head of the Fish were between \$80 and \$200. These fees are estimates only and can be at the higher or lower end for any given athlete depending on the number of entries an athlete may have, the requirement/need for bus transportation and/or accommodation with the club and variable expenses from time to time, such as the cost of gas for trailering boats to and from a regatta.

Before you go:

Make sure your passport is valid!

Information and Forms:

Information is available from coaches and Melissa McKenzie at the ORC
melissa@ottawarowingclub.com.